



After Therapeutic Dose of ^{131}I Iodine (Dose Above 30mCi)

CONTACT WITH OTHER INDIVIDUALS:

- Contact with other individuals (adults, children or animals) is allowed as long as it is not for a prolonged time. For the customer to stay in a room with other people, it is necessary to increase the distance between them by at least 1 meter for 1 hour;
- Avoid contact with children under 2 years of age and pregnant women, with a minimum distance of 2 meters, especially in the first trimester of pregnancy.

PRECAUTIONS AT HOME:

- Circulation through the premises of the residence is free, as long as the guidelines described above are obeyed;
- After administration of the therapeutic dose/hospital discharge, the client should sleep alone in the room for a period of 5 to 7 days;
- There is no need for an exclusive bathroom and the act of urinating should be restricted to the toilet. Flushing should be long or repeated 2 to 3 times;
- Wash the sink and toilet after use; wash off any contamination immediately with plenty of water, wash hands in case of contamination with body fluid;
- There are no restrictions on routine domestic activities - for cooking it is suggested to wash your hands properly;
- In the first 5 to 7 days after the administration of the dose, the cutlery, glasses and plates used by the customer can be either disposable or, if possible, the same set of utensils can be used during this period, being washed with a proper loofah (which must be discarded after use during this period) - do not allow other people to wash them;
- There is no need to wash clothes separately, except in situations where urinary leakage occurs on clothing or other contact with body fluid. Special attention to towels and sheets.

PRECAUTIONS AT THE WORKPLACE:

- The same precautions above must be followed at work.

PREGNANCY:

- Pregnancy should be avoided for a minimum of 6 months to one year after administration of the therapeutic dose.



Patient Guidelines



FOOD AND MEDICINES:

- Thyroid hormone replacement may be initiated or resumed 24 hours after radioiodine therapy. This information will be provided by the physician at the time of dose administration;
- Maintain the low-iodine diet for 24 hours after dose administration.
- There are no dietary restrictions after completing 24 hours of the therapeutic dose administration.

RETURN VISITS:

- The Whole Body Scan with I-131 after the therapeutic dose will be scheduled on the day of therapy;
- At the discretion of the physician, blood counts with platelet counts may be requested, to be collected in the 4th and 6th weeks after the therapeutic dose with I-131.
- The client is instructed to return to their attending physician to proceed with clinical follow-up.